

Wellness Live Streaming Class Timetable

Feldenkrais : Freeing the Hips and Lower Back

Improve your body's health by becoming aware of limiting habits. This three-week course explores some of the fundamental movement patterns involved in the use of your hips and lower back.

You will learn to reduce effort and shift attention to the quality and smoothness of your movement. By letting go of tight muscles your range of movement in your lower back and hips will improve and you'll discover new ways to move with comfort and ease.

Date: 25 Jan, 8, 15 Feb (Tue) 11:30am-1:00pm

Facilitator: Mr Sean Curran

Props: one yoga mat and one medium-sized towel

Remarks: The Feldenkrais Method online videos are available. Please visit Hong Kong Cancer Fund's website and YouTube Channel:

<https://bit.ly/3vjXhoa>



Wellness Live Streaming Class Timetable

Yin Yoga

A form of yoga that explores the body's subtle energies with long and deep stretches.

Date: 20, 27 Jan (Thu) 2:30-4:00pm

Facilitator: Ms Loretta Teo

Props: one yoga mat, two-three blankets or towels, two-three cushions or pillows and one strap or belt



Breathing and Relaxation

Learn different yoga breathing techniques to revitalise your body and calm your mind.

Date: 24 Feb, 3 Mar (Thu) 2:30-4:00pm

Facilitator: Ms Loretta Teo

Props: one yoga mat or chair, two cushions, one blanket to keep warm

Remarks: Breathing and Relaxation online videos are available. Please visit Hong Kong Cancer Fund's website and YouTube Channel: <https://bit.ly/2NvoELI>



Feedback from Our Users



"It is my first time to join this course. Feel great and happy. Thank you so much for giving me a fresh and joyful start in the morning. In the beginning, I felt strange to laugh on my own. Need some time to warm up and take up peacefully and happily." - Ms. Lin, Laughter Yoga participant

"I feel very free, relaxed and happy like a bird flying in the sky." - Ms. Wong, Expert Talk on Connecting with the Healing Powers Of Nature participant

"Very benefited from the detail and useful instruction. Enjoy the lesson very much. Thanks a lot."-Ms. Lai, Pink Yoga participant



Hong Kong Cancer Fund

Wellness and Holistic Health Care English Online Programme

- Suitable for all cancer stages users. (For Yoga and Pilates exercise, if there is a surgical wound, it is better to join after 3 months of recovery.)
- Enrollment is NOT required, install ZOOM before class, enter ID: **3667321100**, **user card no. & name**, password: **686013**

20 JAN
Thur

27 JAN
Thur

Time: 2:30-4:00pm

Programme: Yin Yoga (English & Cantonese)

Facilitator: Loretta Teo

Props: 2-3 blankets or towels, 2-3 cushions or pillows and a strap or belt



25 JAN
Tue

8 FEB
Tue

15 FEB
Tue

Time: 11:30am-13:00pm

Programme: Feldenkrais-Freeing the Hips and Lower Back (English & Cantonese)

Facilitator: Sean Curran

Props: yoga mat, medium-sized towel



24 FEB
Thur

3 MAR
Thur



Time: 2:30-4:00pm

Programme: Breathing & Relaxation (English & Cantonese)


Facilitator: Loretta Teo

Props: yoga mat/chair, 2 cushions, blanket to keep warm



For any enquiries, please contact the Wellness and Holistic Health Care staff
at  **3667-3211** or  **WhatsApp 5625-1273** (For enquiry about service user card no. only).

How to Join? Enrollment is not required!

1. Install the mobile app or computer software “Zoom”  in advance on your mobile device or computer
2. Join the Zoom meeting 10 minutes before the class starts
3. Enter Zoom meeting ID : 366 732 1100
4. Enter personal name : User Card Number CL-XXXXXX
Chinese/English Full Name
5. Enter password : 686013
6. Check out the videos on how to use the online Zoom software for both iPhone & Android users.
Click for details ([iPhone version](#); [Android version](#))



Change Display Name Before You Join :

加入會議

366 732 1100

使用個人會議名稱加入

CL-XXXXXX 陳大文

加入會議

如果您收到了邀請鏈接，請點擊鏈接加入會議。

加會選項

不自動接入音頻

保持視訊關閉

★Correct entry format
Service User Card No.+Space+Your Name

For any queries, please contact Wellness & Holistic Health Care Team at 36673211



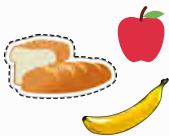
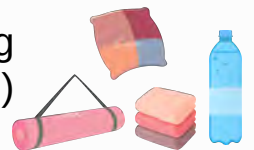
Wellness and Holistic Health Care Live Streaming Programme

Guidelines for Participants Before Class



1. Wear loosen and comfortable clothing, which's not hinder the body movements, avoid wearing accessories. For Taiji and Qigong classes, prefer to wear light cloth shoes with thin soles or wear socks or barefoot, which's comfortable and not easy to fall, and loosening sports clothes and trousers.

2. Please prepare yoga mat, cushion, yoga block (if you have one), yoga strap or long towel (applicable for all classes of yoga, stretching, breathing and relaxation, pilates) and water bottle, to ensure the body with adequate water.



3. Don't eat too much before class, preferably for an apple or a piece of bread. It helps better performance under the empty stomach, therefore avoid eating for 2 hours before class (applicable for all classes of yoga, stretching, breathing and relaxation, meditation, Taiji and Qigong)

4. Participants who have a surgical wound, it is better to join after 3 months of recovery and choose what is appropriate for their status. Please seek medical advice before class if necessary. Cancer Fund shall not be liable for any injury that the participant may suffer during programmes.



5. If you feel tired or uncomfortable, please stop at any time or lay down for rest.

